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**smart living**  
a publication of the Public Education Health Trust

*Public Education*  
HEALTH TRUST 

**MAY/JUNE**

## **OPEN ENROLLMENT**

***Need to make Changes to your Benefits Plan? Open Enrollment is June 1<sup>st</sup> – June 27<sup>th</sup>***

Your annual opportunity to review your benefits and make changes for the coming plan year (July 1, 2016-June 30, 2017) is almost here!

- ***If you are currently enrolled in the Public Education Health Trust Health Plan and wish to maintain your coverage, there is no action required.***
- ***If you are currently enrolled and wish to waive the coverage; your waiver form must be submitted to the Trust office no later than 5:00 pm on June 27<sup>th</sup>, 2016.*** Some school districts require proof of other coverage to be eligible to waive from this Plan, while some do not allow the waiver even if you have other coverage. Please contact your human resources department for their criteria.

The Trust recommends that you review your dependents listed to ensure accuracy. The Trust provides coverage for spouses, qualified domestic partners, children up to the age of 26, and dependents for whom you are the guardian up to the age of 18.

A complete listing of your dependents can be found on your miBenefits secured portal at [\*\*www.ebms.com\*\*](http://www.ebms.com).



# IN BLOOM

## ASTHMA AND ALLERGY SEASON

### Did you know...

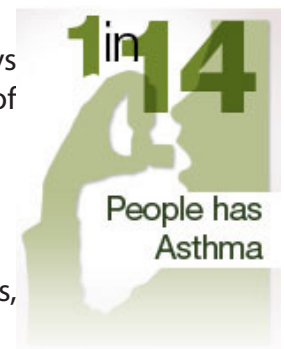
- 1 in 5 Americans has asthma or allergies
- Over 20 million people suffer from asthma and 50 million people have seasonal allergies in the U.S.

### What is Asthma?

Asthma is a disease that affects the lungs. An asthma attack occurs when the airways become inflamed and swell, making it difficult to breathe. Common symptoms of asthma include:

- Wheezing
- Shortness of breath
- Chest tightness and coughing

The exact cause of asthma attacks is unknown; however air pollution, allergens, exercise, stress, and certain environmental factors can incite an asthma attack.



### What are Allergies?

An allergy is an overreaction of the immune system to a substance which does not generally affect other individuals. Allergies can cause sneezing, coughing and itching and can range in seriousness from slightly bothersome to life threatening. Seasonal allergies to things like dust, mold, and pollen can often cause cold-like symptoms. An allergic reaction can affect your nose, throat, eyes, lungs, skin, stomach, and/or intestines. A reaction can also include an allergic disease such as hay fever, asthma, conjunctivitis, hives, eczema, dermatitis and sinusitis.

Common allergens include:



### Who is at Risk?

Anyone at any age can develop an allergy, although many food allergies in young children are outgrown. The prevalence of asthma has grown over the past couple of years and most often affects younger children and minorities such as African Americans, American Indians, and Alaskan Natives.

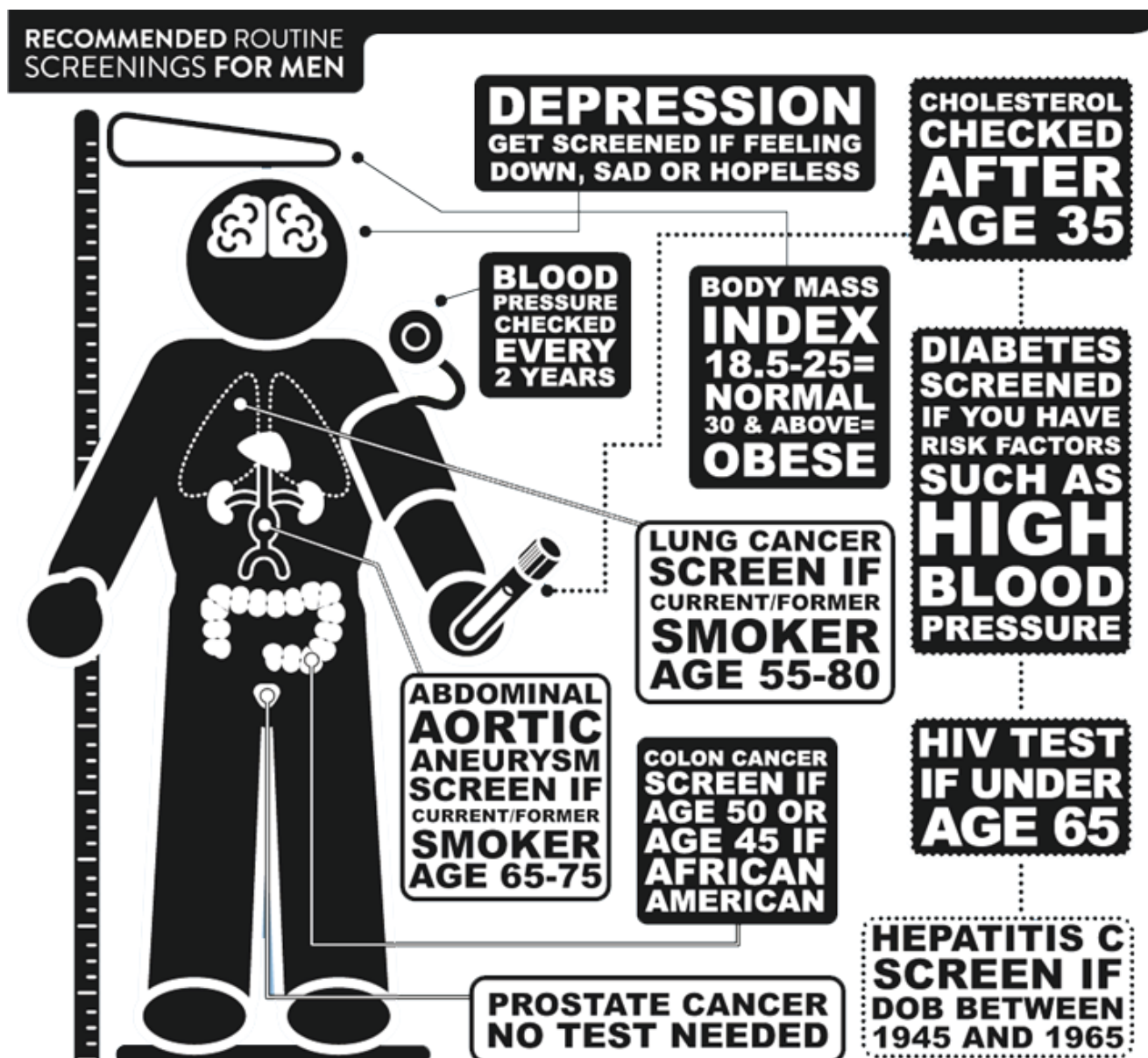
### Is there a Cure for Asthma and Allergies?

Unfortunately, there is no cure for asthma or allergies. You can control asthma attacks and allergic reactions by learning more about the specific causes and working with your medical provider to develop a plan to control your symptoms.

## PREVENTIVE HEALTH SCREENINGS

Yearly preventive care screenings are just as important as eating healthy and exercising. Regular screenings are important and as part of your health plan, a wide array of preventive services is provided at no charge to you, the plan member!

Below is a chart with screenings and recommended frequencies. For a complete selection of recommended screenings, please visit [www.ahrq.gov](http://www.ahrq.gov). Remember, the earlier a doctor is able to detect and diagnose a condition, the more effective the treatment is, generally.





# MATERNITY MANAGEMENT

*For a healthy pregnancy and a healthy baby*

## Support During Your Pregnancy

If you or your spouse is pregnant, you can take advantage of one-on-one support from a registered nurse who can help you navigate and achieve a healthy pregnancy.

### What is available through the Maternity Management Program?

- Access to a registered nurse who is experienced in all aspects of prenatal care via phone on a regular basis
- Your nurse will discuss educational information regarding the pregnancy and ways to minimize risks to you (or your spouse) and your baby
- Help managing diet and exercise through all stages of pregnancy

Even if you aren't a first-time mom, your nurse can help you through the changes that come with each unique pregnancy.

**Enroll in Maternity Management by calling 800-641-3224 and choose option 3 when prompted.**



## HEALTHY RECIPE

### *Sugar Snap Pea & Barley Salad*

You get two sides in one with this dish—whole-grain barley along with crisp matchsticks of vitamin- and fiber-rich snap peas. Serve with roasted or grilled salmon or chicken.

**Makes:** 6 Servings **Active Time:** 30 minutes **Total Time:** 30 minutes

#### INGREDIENTS

- 2 cups water
- 1 cup quick-cooking barley
- 8 ounces sugar snap peas, trimmed and sliced into matchsticks
- 1/2 cup chopped fresh flat-leaf parsley
- 1/4 cup finely chopped red onion
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons lemon juice
- 3/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper



#### PREPARATION

1. Bring water to a boil in a medium saucepan. Add barley and cook, covered, for 10 to 12 minutes, or according to package directions. Remove from the heat and let stand, covered, for 5 minutes.
2. Rinse the barley under cool water and transfer to a large bowl. Add snap peas, parsley, onion, oil, lemon juice, salt and pepper and toss to combine.

#### Nutrition Facts

Servings Per Recipe 6	
Amount Per serving	
Calories 152	
	% Daily values *
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Monounsaturated Fat 4g	
Cholesterol 0mg	0%
Potassium 108mg	3%
Sodium 301mg	13%
Total Carbohydrate 23g	8%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 4g	8%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrients	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate	Equals	300g	375g
Dietary Fiber	Equals	25g	30g

SOURCE: <http://recipes.millionhearts.hhs.gov/recipes/sugar-snap-pea-barley-salad>

## PRICE AND SAVE

Manage your prescription budget today

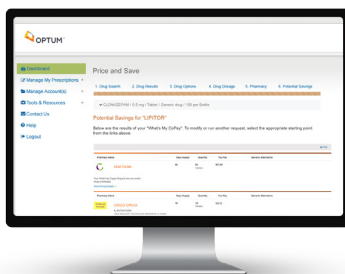


### FIND YOUR BEST VALUE

- Search for the lowest-priced pharmacy for your prescription plan with advanced price comparison technology
- Find low-cost generic programs
- Check prices among multiple retail pharmacies and your home delivery pharmacy
- See savings between brand name and generic medications



Available on your smartphone, too. Download the mobile app for iPhone or Android and use Price and Save wherever you go.



Compare medication costs at local and home delivery pharmacies to find the best price. Use Price and Save™ on [optumrx.com/myCatamaranRx](http://optumrx.com/myCatamaranRx) or on-the-go with the mobile app.

### Price your medications and save today

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"My social studies teacher told me I will have to take the course over again in summer school. I guess history does repeat itself."

## miBenefits DID YOU KNOW?

miBenefits provides enrolled plan members with 24/7 access to their personal benefits and other healthcare information.

Did you know you can receive Paperless EOBs through miBenefits?

- **Log in to miBenefits\***
- **Select "HOME" on the top menu bar**
- **Find the "Go Paperless" icon on your homepage**
- **Check the box that states "Click here to enroll in Paperless EOB's."**
- **That's it! Your next EOB will be emailed to your email address that is attached to miBenefits.**

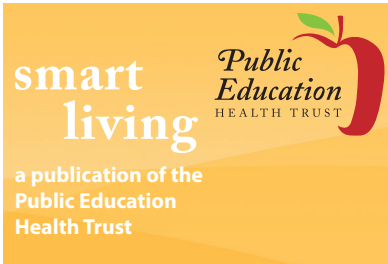
### \*How do I access miBenefits?

1. Visit [www.ebms.com](http://www.ebms.com) and click "Log In" on the top left-hand side of the screen.
2. For registered users, enter your username and password.
3. For new users, select the "Not a Registered User?" option within the login page, use your insurance card to complete our simple registration form. EBMS will validate your eligibility status, giving you full access to miBenefits.



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